

# FIRST SUNDAY OF LENT February 18, 2024



<b>Mon Feb 19</b>		<b>Sat Feb 24</b>	
<b>8:00 am</b>	+Tom O'Neill (Family)	<b>4:30 pm</b>	+Joseph MacDonald (Marilyn MacDonald & Family)
			+Domenico Maraio (Family)
			+Dorothy Stewart (Family)
<b>Wed Feb 21</b>			
<b>8:00 am</b>	+Asuncion & +Jose Magsalay (Family) Cynthia DeBlois – Living Intention (Family)	<b>Sun Feb 25</b>	
		<b>9:00 am</b>	+Finley Fraser (Leonard & Carol Gauthier)
<b>Thurs Feb 22</b>			
<b>8:00 am</b>	For the Poor		
		<b>11:00 am</b>	+Joe Sanginesi (Mark Huang)
<b>Fri Feb 23</b>			
<b>8:00 am</b>	For the Unborn		+David Furtado (Mom)
<b>7:00 pm</b>	Stations of the Cross		

The Sanctuary Lamp burns for 7 days  
in honour of St. Anthony



**STATION OF THE CROSS** will be held every Friday during Lent until Friday, March 22<sup>nd</sup> at 7:00 p.m.

**DAYS OF PENANCE DURING LENT** – The time of Lent and all Fridays of the year are, throughout the universal Church, day and times especially appropriate for spiritual exercises; penitential liturgies; pilgrimages as signs of penance; voluntary self-denial, such as fasting and almsgiving. Abstinence from meat are to be observed on Ash Wednesday and on Good Friday. All persons who have completed their fourteenth year are bound by the law of abstinence. All adults (eighteen years or older) are bound by the law of fast up to the beginning of their sixtieth year. Pastors and parents are to see to it that minors who are bound by law of fast of abstinence are educated nevertheless in an authentic sense of penance. It is for the conference of bishops to determine more precisely the observances of fast and abstinence and to substitute in whole or in part for fast or abstinence other forms of penance, especially works of charity and exercises of piety and missionary works.

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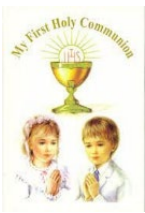


### **ST. AMBROSE FORMED**

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**SACRAMENT OF CONFIRMATION:** Dear Parents, as part of their catechism preparation children who will be receiving the Sacrament of Confirmation are required to attend mass. **Sacrament of Confirmation will be celebrated on May 18, 2024 @ 11:00am.**



**SACRAMENT OF FIRST HOLY COMMUNION:** Dear Parents, If your child is celebrating their 1<sup>st</sup> Holy Communion in 2024 there will be a **Mandatory Meeting + Registration drop off with payment on Saturday, February 24, 2024 @ 11:00am in the church.** As part of their catechism preparation children who will be receiving the Sacrament of 1<sup>st</sup> Holy Communion are required to attend mass. If your child attends Private/Public School please call the office for more information. To register go to the website at [www.stambroseparish.com](http://www.stambroseparish.com) **Sacrament of 1<sup>st</sup> Holy Communion will be celebrated on Saturday, April 27, 2024 @ 10:30am.**



### **FAMILY DAY**

The office will be closed for Family Day on Monday, February 19<sup>th</sup> and will re-open Wednesday, February 21<sup>st</sup>. Wishing everyone a safe and wonderful long weekend.



### **HONORING GOD'S CREATION: GO VEGAN FOR LENT!**

***The wolf shall live with the lamb, the leopard shall lie down with the kid, the calf and the lion and fating together, and a little child lead them. Isaiah 11:6***

**The season of Lent is upon us, consider going Vegan for Lent! It is the easiest way for Christians to honor God and all living beings!**

**How to Go Vegan? The Best resources for Fun and Easy Transition:**

<https://www.kinderworld.org/how-to-go-vegan>  
<https://simple-veganista.com>